

City of Mesa Swimming Program

I. Basic Rules for Competition

1. **Starts:** Swimmers must respond promptly to the command, "Take your mark." When all swimmers are set into a ready position, the starting signal will be given. Any swimmers leaving their ready position before the signal is given will be charged with a false start, except when the false start was caused by the action or movement of another competitor.
2. **False Starts:** If more than one swimmer leaves their ready position before the starting signal, the starter may award the false start to the field. This means the next swimmer to false start will be disqualified. **All swimmers will have one warning false start and will be disqualified on their next illegal start.**
3. **Freestyle:** A swimmer may swim any style. The crawl stroke is most frequently used. The swimmer may touch the wall with some part of their body at the turn and the finish.
4. **Backstroke:** The swimmer must push off on their back and remain on their back throughout the entire race. The swimmer's feet must touch the end of the pool on a turn. The swimmer's head, shoulder, and foremost hand or arm must touch the end of the pool on a finish. A swimmer's shoulders shall not go past vertical on the push off after a flip turn. For the start of the race; if the swimmer is 10 years old and younger their toes (or part of their feet) may be out of the water, if the swimmer is 11 years and older, all parts of the swimmer's feet must be under the surface of the water.
5. **Butterfly:** Both arms must be brought forward together over the water and recovered backwards underneath the water simultaneously. All up and down movement of the legs must be done simultaneously in the form of the dolphin kick. At the turn and finish, both hands must touch the wall at the same time, and on the same plane.
6. **Breaststroke:** All movement of arms and legs must be simultaneous. The hands cannot be brought back beyond the hipline, except during the stroke after the start and each turn. The feet must be turned (flexed) outward during the propulsive part of the kick. A scissors, flutter, or downward butterfly kick is not permitted. Both hands must touch the wall at the same time and on the same plane at each turn and on the finish. The swimmer's head must clear the surface of the water once, per arm and leg cycle. The swimmer is allowed only one underwater pull after each turn and the start; the swimmer's head must break the surface of the water before the widest part of the first pull.
7. **Individual Medley:** No crossover turn is allowed when changing from backstroke to breaststroke.
8. **General Warm-Up:** There will be no diving at any time during warm-up. Swimmers will enter feet first. Once dive lanes have been established, coaches and swimmers will be told which lanes will be designated as dive lanes and these are one way only swim lanes.
9. **Weekly Meet Dive/Warm-Up Lanes:** Before each weekly meet head coaches will meet and decide on warm up lanes and competition lanes. Coaches from teams will be on each end of the pool facilitating warm up procedures. Swimmers may only dive under the supervision of a coach. Warm-up begins 30 minutes prior to meet time. For the divisional qualifying meet and league championships the whole competition pool, as well as, additional lanes are open for warm ups. Each team will be given one lane in the competition pool to use as their dive lane. These are decided on before the meet. Dive lanes are one way only swim lanes.

The Mesa Parks Recreation and Community Facilities thanks you for your participation in our swim league and is always wanting to improve the program. Please contact us at mesaaz.gov/pools